

# Wellness Live Streaming Class Timetable

## Expert Talk on Connecting with the Healing Powers Of Nature

### Series 2: Opening Your Heart



Most cancer patients have been staying at home during the pandemic and as a result, they may feel low in energy, anxious or stressed. But there is a way to help feel more relaxed, focused and healthy with the help of outdoor nature.



We invited Ms Claire Elouard from France to share how you can refresh yourself at home or in the breathtaking natural beauty of the outdoors. Breathing in fresh air in an open space of a park can help us feel more at peace, confident and in harmony with our surroundings. We will also do experiential exercises together during this talk.



Date: 23 Mar (Tue) 2:30-4:00pm

Language: English with Cantonese translation

Important note: Please find a quiet and relaxing space when joining this talk.



# Wellness Live Streaming Class Timetable

## Awareness through Movement (ATM™) - The Feldenkrais Method™

The Feldenkrais Method involves a range of diverse movement experiments and body awareness exercises that can help to release habitual tensions and reduce strain.

**Date:** 2, 9, 16, 23, 30 Mar (Tue) 11:15am-12:45pm

**Facilitator:** Mr Sean Curran

**Props:** one yoga mat and one medium-sized towel

**Remarks:** Latest online audios are available now. Please visit Hong Cancer Fund's website and YouTube Channel:

<https://www.youtube.com/playlist?list=PLvWlcNmHJ6jx1OPQgPawvKpgtASRkLVH0>

## Yoga for Knee Pain Prevention



Introduce breathing methods and yoga poses to help relieve knee pain, strengthen and expand the surrounding muscles and open the hip joints to assist you in walking more comfortably!

**Date:** 5 Mar (Fri) 10:30am-12:00pm

**Facilitator:** Ms Ivy Ngan

**Props:** one yoga mat, one chair and one yoga block





# Wellness Live Streaming Class Timetable

## Breathing and Relaxation for Beginners

Learn different yoga breathing techniques to revitalise your body and calm your mind.

**Date:** 2, 9 Mar (Tue) 2:30-4:00pm

**Facilitator:** Ms Loretta Teo

**Props:** one yoga mat or chair, two cushions, one blanket to keep warm



## Chair Yoga

Designed for people who are not able to sit on the floor or stand for long periods, chair yoga modifies yoga poses so they can be done while seated. Benefits include improved breathing, stress reduction, better sleep and well-being.

**Date:** 17 Mar (Wed) 2:30-4:00pm

**Facilitator:** Ms Tiffany Lau

**Remarks:** Latest Chair Yoga online videos are available now (Chinese version only). Please visit Hong Cancer Fund's website and YouTube Channel: <https://www.youtube.com/playlist?list=PLvWlcNmhJ6jxwyu2CQbYDXlZLVysylK-D>



# Hong Kong Cancer Fund


## Wellness and Holistic Health Care English Online Programme

- Suitable for all cancer stages users. (For Yoga and Pilates exercise, if there is a surgical wound, it is better to join after 3 months of recovery.)
- Enrollment is NOT required, install ZOOM before class, enter ID: **3667321100**, user card no. & name, password: **686013**




2 MAR Tue	9 MAR Tue	16 MAR Tue	23 MAR Tue	30 MAR Tue
--------------	--------------	---------------	---------------	---------------

Time: 11:15am-12:45pm  
Programme: Awareness Through Movement (ATM™) - The Feldenkrais Method®  
(English & Cantonese)  
Facilitator: Sean Curran  
Props: yoga mat, medium-sized towel



2 MAR Tue	9 MAR Tue
--------------	--------------

Time: 2:30-4:00pm  
Programme: Breathing & Relaxation (English & Cantonese)  
Facilitator: Loretta Teo  
Props: yoga mat/chair, 2 cushions, blanket to keep warm




5 MAR Fri
--------------

Time: 10:30am-12:00nn  
Programme: Yoga for Knee Pain Prevention **NEW**  
(English & Cantonese)  
Facilitator: Ivy Ngan  
Props: yoga mat, chair, yoga blocks





17 MAR Wed
---------------



Time: 2:30-4:00pm  
Programme: Chair Yoga (English & Cantonese)  
Facilitator: Tiffany Lau




23 MAR Tue
---------------


Time: 2:30-4:00pm  
Programme: Expert Talk on Connecting with the Healing Powers Of Nature **NEW**  
(English & Cantonese)  
Series 2: Opening Your Heart  
Facilitator: Claire Elouard



For any enquiries, please contact the Wellness and Holistic Health Care staff  
at  3667-3211 or  WhatsApp 5625-1273 (For enquiry about service user card no. only).



## How to Join? Enrollment is not required!

1. Install the mobile app or computer software “Zoom”  in advance on your mobile device or computer
2. Join the Zoom meeting 10 minutes before the class starts
3. Enter Zoom meeting ID : 366 732 1100
4. Enter personal name : User Card Number CL-XXXXXX  
Chinese/English Full Name
5. Enter password : 686013
6. Check out the videos on how to use the online Zoom software for both iPhone & Android users.  
Click for details ([iPhone version](#); [Android version](#))



### Change Display Name Before You Join :



加入會議

366 732 1100

使用個人會議名稱加入

CL-XXXXXX 陳大文

加入會議

如果您收到了邀請鏈接，請點擊此處加入會議。

加入選項

不自動接入音頻

保持視訊關閉

★Correct entry format  
Service User Card No.+Space+Your Name

For any queries, please contact Wellness & Holistic Health Care Team at 36673211





# Feedback from Our Users

"What an excellent 90 minutes. I achieved a peace of mind and serenity which was my intention. Thank you for all the preparation efforts. I am very grateful to the teacher and the Cancer Fund staff." - **Meditation participant**

"Thank you teacher. The pelvis exercise really helps to reduce my back pain. I will keep up this practice. " - **Pilates participant**

"My body feels lighter and can move more smoothly. I can stand up with better balance after the class. I felt sleepy but good!" - **The Feldenkrais Method® participant**

"Thanks Anjan. Very relaxing exercise and it eased my lower back pain." - **Yoga Stretching participant**



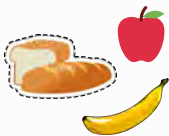
# Wellness and Holistic Health Care Live Streaming Programme

## Guidelines for Participants Before Class



**1.** Wear loosen and comfortable clothing, which's not hinder the body movements, avoid wearing accessories. For Taiji and Qigong classes, prefer to wear light cloth shoes with thin soles or wear socks or barefoot, which's comfortable and not easy to fall, and loosening sports clothes and trousers.

**2.** Please prepare yoga mat, cushion, yoga block (if you have one), yoga strap or long towel (applicable for all classes of yoga, stretching, breathing and relaxation, pilates) and water bottle, to ensure the body with adequate water.



**3.** Don't eat too much before class, preferably for an apple or a piece of bread. It helps better performance under the empty stomach, therefore avoid eating for 2 hours before class (applicable for all classes of yoga, stretching, breathing and relaxation, meditation, Taiji and Qigong)

**4.** Participants who have a surgical wound, it is better to join after 3 months of recovery and choose what is appropriate for their status. Please seek medical advice before class if necessary. Cancer Fund shall not be liable for any injury that the participant may suffer during programmes.



**5.** If you feel tired or uncomfortable, please stop at any time or lay down for rest.

